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#### COVER ART

Food provided by the Arcadia food truck.

PHOTOS BY EILIDH JENNESS

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*Street Sense began in August 2003 after Laura Thompson Osuri and Ted Henson approached the National Coalition for the Homeless on separate occasions with the idea to start a street paper in Washington, D.C.*

*Through the work of dedicated volunteers, Street Sense published its first issue in November 2003. In 2005, Street Sense achieved 501 (c) 3 status as a nonprofit organization, formed a board of directors and hired a full-time executive director.*

*Today, Street Sense is published every two weeks through the efforts of four salaried employees, more than 100 active vendors, and dozens of volunteers. Nearly 30,000 copies are in circulation each month.*

## How It Works

*Each vendor functions as an independent contractor for Street Sense. That means he or she re-invests in the organization with every purchase.*

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# Task Force Charts Future for CCNV Shelter

By Rachel Cain  
Editorial Intern

Any new facility that is built to replace the historic 1,350-bed Federal City Shelter should include a mix of accommodations including low-cost permanent supportive housing and 24-hour emergency and hypothermia shelter beds.

That is just one of a list of recommendations approved by a specially-appointed task force convened last year to ponder the future of the downtown shelter. The facility is often known simply as CCNV, for the Community for Creative Non-Violence, the anti-war and anti-poverty group that turned the former federal college building into a shelter nearly 30 years ago.

At a final June 13 meeting, the CCNV task force approved a list of principles intended to guide the city in planning for the possible replacement of the shelter, located at 425 2nd Street NW. The building also houses five different non-profits dedicated to providing health, employment, nutritional, and medical services to the poor and homeless, including Clean & Sober Streets and DC Central Kitchen.

The CCNV task force, made up of representatives from homeless-advocacy groups and government agencies was asked to consider different scenarios for the aging facility in advance of the 2016 expiration of a federal requirement that the building be used for homeless services.

The structure is deteriorating, raising questions about its viability. The District spends roughly \$2.5 million a year on utilities and maintenance yet attempts to shore up the facility are not always adequate. The panel ruled that any replacement shelter should be built before

the existing shelter is torn down. It also recommended that should a new building be constructed at a different location, it should be close to public transportation and ideally located downtown. The task force also stated that non-shelter-related social services should be included to the fullest extent possible in any new facility. CCNV owns a parking lot next to the shelter but none of the task force recommendations addressed possible plans for future use of the property.

Eleven members of the task force's committee on recommendations voted to approve the guidelines. One member voted "no" and one member abstained.

Casting the only "no" vote was ex-officio task force member Julia Lightfoot, the founder of Clean & Sober Streets, which has provided drug and alcohol treatment services since the 1980s. Lightfoot said she believed the task force had developed a good model, but was concerned with the final set of guidelines. In explaining her vote, she harked back to the guiding principles of CCNV, as exemplified by the group's late leader, the charismatic Mitch Snyder, who staged hunger strikes and led other protests highlighting the need for the shelter to the administration of President Ronald Reagan.

"I knew Mitch," she said. "His mission didn't have to do with money; it was his commitment to the homeless population."

She explained the inclusion of 24-hour care, which Snyder was a great advocate for, was important because "no one's going to get better if they don't know where they will sleep that night."

In response to Lightfoot, task force chair and DC Council Member Jim Graham (D-Ward One) stressed that 24-hour care is included in the statement of principles approved by the group.

CCNV Executive Director Rico Harris abstained from the vote. The atmosphere in the room quickly tensed when he explained his decision.

Harris read aloud a letter signed by himself and several other members of the CCNV board of directors. The document expressed an aversion to the task force in general, as well as the manner in which its work has proceeded throughout the past months.

Harris maintained that CCNV never asked for the establishment of the task force and that he only attended the meetings in order to comply with the act that created the force.

"We didn't ask for advice from a group about our property," Harris said.

He also argued that the procedures of the task force went beyond the intent of the act and that meetings focused more on the CCNV's closing than its new location. He also said he disliked that members of the wider Federal City Shelter community used the public-comment portions of some meetings "as an open mic session" to complain about conditions at the shelter, resulting in what he called "a slanted record of the CCNV."

Graham responded that the CCNV property belongs to the DC government and not to CCNV itself. As a result, he said, the task force had not represented an outside entity taking over the procedures.

Graham went on to defend the task force, saying its work is "about an interrelationship among a large number of organizations, how we come together to make the living better for those [seeking shelter at the CCNV]."

Harris handed a copy of his letter to Graham. However, after reviewing it, Graham mentioned his copy did not include all the points Harris made at the meeting and questioned whether all the signatories agreed with the arguments Harris made.

Although Graham was defeated in his primary bid for reelection and will not return to the DC Council next year, he said he will try to continue to advance the project. As the final meeting of the group drew to a close, Graham, who chairs the DC council's human services committee, reflected on the work of the group.

"I'd hoped it would have a more amicable conclusion," he said. "There is no single entity working on its own, we all come together, we all have to have respect for each other. We have a vision for something a whole lot better."

He said he hoped task force members, as well as members of the audience, many of whom were homeless or formerly homeless, would continue to collaborate.

"We're going to continue to work together. Aren't we going to work together?"

Listeners nodded yes.

A round table discussion for community members is being planned for coming weeks. Details are still being finalized.

# YES!



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# Back in the Kitchen

By Patricia Jefferson  
Vendor

To return to the kitchen again has been a serene and a joyful feeling after living in a homeless shelter for years. It has been a year since moving from the shelter in April, 2013, and a year of having my own kitchen.

Since moving, I have been able to make a variety of meals from simple to unique dishes, conventional and complex dishes. Most important, I was able to cook my favorite meal of baked barbecue chicken, sweet potatoes, and corn-on-the-cob along with corn bread muffins. To prepare the chicken, I use seasoned salt, black pepper, paprika and, Kraft Original Barbecue Sauce; I prepared the sweet potatoes with sugar, cinnamon, and orange juice, which makes them flavorful and most delicious. Also, I made my own cornbread muffins.

With my meals, I usually include a salad which is healthy for you. My salads start with lettuce; I use Romaine lettuce,

which is a green leafy type that I prefer to other lettuces. I include cucumbers, carrots, tomatoes, onions, green peppers, and shredded cheese. I read that salads help your digestive tract and therefore, the foods you eat are processed better. As a result of reading about this, I eat salads regularly. The choices of dressings that accompany my salads are usually Blue Cheese Ranch, French, and Italian. In addition to my normal salad, I enjoy eating a chef salad, which can be eaten as a meal and is very filling.

Since being in my kitchen, I have cooked and experimented with an array of meals, from cooking tilapia (a fish) to brewing my own favorite Starbucks' coffee. The side dishes that I prepared with the entrée of tilapia were a delight! They included cooked carrots, broccoli, and garlic bread. Other dishes I've made have been veggie burgers of vegan beef, fixed with green peppers, red peppers, onions, carrots, garlic and seasoned salt. I've also

cooked lemon chicken, to name another dish. Recently, I cooked a spaghetti dinner for a friend who was delighted with the meal that I prepared with vegan beef and included green peppers, onions, oregano, black pepper, and a brand name tomato sauce. My friend said the dinner was delicious with the right spices. He said the tomato sauce had a "flair" to it that was "invigorating". Along with the spaghetti dinner, I served a salad and tortilla bread.

I enjoy baking as well, and explore different recipes for the holidays. This past Christmas I baked Christmas sugar cookies; they gave the apartment a sweet savory aroma which lasted for hours. The smell of Christmas was certainly in the air. I also got the chance to make corn pudding, a cherished family recipe and always made during the holidays. When I was a child, my grandmother looked forward to making corn pudding. She would get up early to make it special, and I couldn't wait to delve right into the sweet, savory, and fla-

vorful dish to eat it with turkey, stuffing, and cranberry sauce, giving the meal a tangy and filling taste!

Getting acquainted with the kitchen again and cooking an array of different dishes has been surreal.

I learned how to prepare foods, about proper food storage, and how to cook food the right way by experience working in the restaurant industry and various community kitchens, reading books, watching food shows on TV, and collecting recipes.

It has been said time and time again that the kitchen is the heart of your home; I truly treasure and value my kitchen and have gained greater appreciation for it after not having one for so many years. It has really been amazing to be able to share my talent with others, as well as to have the opportunity to develop my cooking abilities.

My next experiments will be with gourmet recipes!

# Gifts From a Rooftop Garden

By Aldo Sainati  
Volunteer



One of the two sections of the garden where volunteers grow herbs. PHOTOS BY ALDO SAINATI

On one side of 7th St NW, new apartments are being built. Construction workers are adding story after story to buildings in the heart of DC's Shaw neighborhood.

On the other side of 7th Street another type of growth is underway. It's the type of growth that brings visitors back to their roots.

In Bread for the City's rooftop garden, seeds are sprouting, young plants are blossoming. Bees are at work in their hive. The fresh herbs, vegetables and honey produced here in the garden will soon nourish low-income families and food pantry clients. Just as importantly, this green space helps foster reflection and encourages volunteers and participants to rethink their dietary habits and how they affect the health of their everyday lives.

"Doing a better job addressing health, nutrition, and our diets is crucial in or-

der to help low-income families strive," explained Dennis Smith, a garden volunteer. He believes that without this strong foundation, it is impossible for a person to reach his or her potential.

In fact, this sums up Bread for the City's main long-term goal: to offer a wide range of services to the community to bring stability, which in turn will allow low-income families to be successful.

"Our goal is to be a safety net for low-income families," said George Jones, executive director of Bread for the City.

The rooftop garden and the distribution of healthy food are just two of Bread for the City's many services. On the floors below, while clients get medical care at the clinic, and hone their computer skills in a classroom, garden volunteers stay busy, weeding and tilling the summer crops.



Dennis Smith, a new volunteer, works diligently in the June heat.



One of the garden's newest additions, this beehive now allows families to enjoy Bread for the City's freshly made honey.



A list of some of the classes, seminars, and services that Bread for the City provides.



A volunteer plants seeds in the garden at Bread for the City's Northwest Center.



# Arcadia Farm Mobile Market Feeds and Educates the Underserved

By Eilidh Jenness  
Editorial Intern

Parkside-Kenilworth neighborhood residents can now buy fresh rainbow chard, lacinato kale, cabbage, strawberries, scallions and mushrooms without having to travel outside of their community. Up until three years ago, when Arcadia Farm's Mobile Market first pulled into a central parking lot, many residents had never heard of some of these foods, let alone tasted them.

Neighborhood resident and satisfied customer Bernice Johnson said she really appreciates the visits of the traveling food stand.

"Last week, I bought spare ribs, collar greens and kale, and they were delicious... they were less expensive than they are in the grocery store... the closest grocery store is twenty minutes [driving] from where I live," Johnson said.

Before the mobile market arrived, the only other food within walking distance in the Ward 7 neighborhood was found in a small convenience store. Although the shop sells eighteen different flavors of canned potato chips and almost as many flavors of generic soda, it offers few fresh fruits and vegetables.

The Mobile Market, which operates out of a 28-foot retrofitted school bus, provides healthy, affordable foods to 10 different low food access locations in DC from May through October.

The Arcadia Farm in Alexandria, Virginia, grows the produce and relies on other local vendors to supply other goods, such as bread, eggs, meat and dairy.

Through partnerships with other service providers like the nonprofit DC Greens,



The Mobile Market Visits the Parkside/Kenilworth Neighborhood.

PHOTO BY EILIDH JENNESS

the market not only accepts federal food benefits such as SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants and Children) but also doubles the value of such government subsidies when shoppers spend them on food.

At that rate, it is possible for a mobile market customer to buy the makings of a meal of spare ribs, asparagus, and fresh dinner rolls for five dollars worth of food stamps. The same amount would only buy a single can of potato chips and two bottles of soda at the convenience store.

Sorelle Cooper, a family nurse practitioner who works with the Fruit and Vegetable Prescription program sponsored by DC Greens and supported by Wholesome Wave, a Connecticut-based nonprofit, brings her patients to the market each week so they can redeem their prescrip-

tions for market vouchers.

"For many of our patients, this is their first time interacting with fresh fruits and vegetables."

The mobile market also provides as much education as possible about food preparation and healthy nutrition. The bus visits local schools and offers informational pamphlets to its customers at each location. At a recent Thursday market stop in Parkside-Kenilworth, the market's 2014 summer fellow, Anna Hymanson could be seen flourishing two fistfuls of fresh leaf vegetables, charismatically explaining to a shopper, "this is kale. These are mustard greens."

The market regularly offers samples of dishes prepared with the produce as well. Juju Harris, the market's culinary educator and SNAP outreach coordinator,

recently published the Mobile Market Seasonal Cookbook to help consumers prepare fresh meals. Each new market customer receives a free copy.

The most difficult concept for consumers to understand is that the mobile market's produce is local and seasonal, Harris explains as she casually drops fresh mint and a strawberry into her water bottle. "We don't have year-round bananas."

Consumers tend to understand the benefits at first bite, though, and they keep coming back. Since its first year, the mobile market expanded from 445 to 513 market hours, and even more are planned for this year.

But the market won't ever be seen at other, multi-vendor markets in the city. It doesn't want to compete with other local farmers who make a living off of their sales, and its objective is to provide farm fresh food where it isn't available, not where it already is.

For the Arcadia Farm Mobile Market, food and people always go together. The food is always organic, local, and fresh, and the people it feeds are given the greatest benefits the market can provide.

"My thing is food. That's really what I do. Talking food with people," Harris explains.

Benjamin Bartley, Arcadia Farm's food access director, feels similarly, expressing his experience with food and then immediately coupling it with his relationship with people. "I've worked in the food industry for the better part of a decade, and for the most part, it's been in the kitchen. I like working with people. It's rewarding."

## Mobile Market Schedule 2014

### Mondays

Deanwood Recreation Center  
4800 Minnesota Ave NE DC  
10:00 to 12:00pm

Minnesota Avenue Unity Clinic  
3924 Minnesota Ave NE DC  
2:00 to 5:00pm

### Tuesdays

South County Government Center  
8350 Richmond Highway,  
Alexandria, VA  
3:00 to 6:00pm

### Wednesdays

Congress Heights Senior Wellness Center  
3500 Martin Luther King Jr Ave SE DC  
9:00 to 11:00am

Children's National Medical Center WIC Clinic  
111 Michigan Ave NW DC  
1:00 to 3:00pm

LeDroit Park  
Corner of 3rd and Elm Streets NW DC  
5:00 to 7:00pm

### Thursdays

St. E's East Gateway Pavilion  
2700 Martin Luther King Jr Ave SE DC  
11:00 to 1:00pm

Parkside/Kenilworth Unity Health Center  
765 Kenilworth Terrace NE DC  
3:00 to 7:00pm

### Fridays

Providence Hospital  
1150 Varnum St NE DC  
11:00 to 2:00pm

The Overlook at Oxon Run  
3700 9th St SE DC  
4:00 to 7:00pm





# Health App Feeds Hungry

By Ferris Garel  
Volunteer



A new app that helps remove unwanted calories from meals can also help feed the hungry. FoodTweeks, a free mobile app provides tips- or “tweeks”- that suggest easy ways to remove unwanted calories from food. Users tell the app what food they are thinking of eating. The app responds with three or more tweeks that suggest ways to remove calories without

compromising taste. For example, if a user wants to eat lasagna, FoodTweeks might suggest using low fat cheese or vegetables instead of meat filling. What’s more, the tweeks aim to make a positive difference not only in the user’s health, but also in the health of those who depend on local food banks. Every set of calories removed from – or “tweeked out” of – an item re-

sults in a donation to a local food bank of the same number of nutritious calories, at no cost to the user.

“For most people, just three tweeks a day is enough to make a positive impact on weight,” said Elisa Shannon, FoodTweeks Vice President of Partnership Development and a former food bank executive. “A couple of days of tweeking provides a full meal to a hungry family.” If a FoodTweeks user posts a tweek on Facebook

**Every set of calories removed from – or “tweeked out” of – an item results in a donation to a local food bank.**

or Twitter, then the donation is doubled. The FoodTweeks company is in the process of developing working relationships with dozens of food banks across the country.

FoodTweeks was founded by Jay Walker, an entrepreneur whose firm Walker Digital created the travel website Priceline. The company’s aim is to use new technology to

solve old problems. Walker is also the curator of TED MED, the health and medicine edition of TED, a nonprofit dedicated to spreading ideas about topics ranging from science to business to global issues.

“FoodTweeks believes the reason most weight management efforts fail is because they work against human nature,” said Walker. “FoodTweeks is designed to work with people’s natural desires and behaviors. It’s fun to tweek your food, and it’s rewarding to know you’re feeding a hungry person every time you do.”

The tweeks offer variety and breadth. The company maintains a picture database of over 44,000 small changes that show users how to tweek their meals. Meals from popular restaurants as well as a wide range of homemade dishes are included.

## Local Homeless Man Shot and Killed

By Rachel Cain  
Editorial Intern

A local man who had been staying at a city homeless shelter was robbed by three men and fatally shot around 2:45 am Wednesday, June 4, on Fenwick Street in Northeast DC. A security camera recorded the three men accosting 33-year-old Rashard Raigs. They robbed him of his laptop computer and then shot him.

On Tuesday, June 10, police arrested 22-year-old William Smallwood, charging him with felony murder while armed. One day later, members of the Capital Area Regional Fugitive Task Force arrested a juvenile under an arrest warrant for felony murder while armed.

District police said they have interviewed a third individual who they say resembles another of the men who robbed Raigs. While the individual initially denied any connection to the incident, police said he later told them that he had been involved with the robbery. They say the man told them that he had a BB gun and Smallwood had a silver revolver. During the robbery, the man said he told Raigs not to move before the victim tried to escape with his laptop. Then, Smallwood fired his gun twice, according to police. Police said they are regarding the individual as a witness to the crime.

Friends and relatives remembered Rashard Raigs as a remarkable and talented human being. He attended Colgate


University, where he played defensive end in football. He spent time studying in China and spoke fluent Mandarin, they said.

A friend of Raigs created a page on GoFundMe, a popular fund-raising website. The goal is to raise \$10,000 for a Rashard Raigs memorial. In just five days, friends, family, and college classmates donated \$8,703 to the cause. In addition to making monetary donations, they also left condolences to his family and recalled the great person and friend Raigs was to them.

Rashard Raigs’ sister said he had a home with his mother in Silver Spring and said that his life took a turn after he received his master’s degree in language arts, though she declined to give more details.

At the time of the murder, Raigs had spent several days at a local homeless shelter. His sister said that Raigs always tried to help the homeless, which may explain why he was at the shelter.


A preliminary hearing for the case is scheduled for June 26 before DC Superior Court Judge Jennifer Anderson.



# David Pike

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# A Community's Fight to "Stop" Hunger

By Rachel Cain, *Editorial Intern*

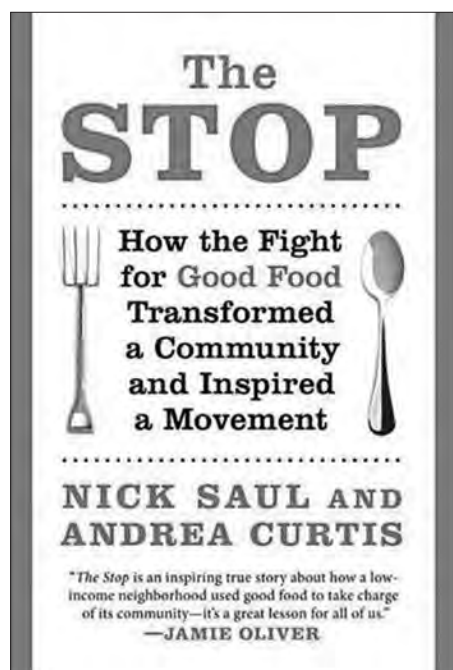


PHOTO COURTESY OF RAKUTEN.COM

Across the world, doctrines have affirmed the basic human right to food and sustenance.

In a new book "The Stop: How the Fight for Good Food Transformed a Community and Inspired a Movement," Nick Saul and Andrea Curtis tell the heartwarming story of their efforts to make the ideal into a reality in their Toronto community.

In this enlightening book, they recount the development of The Stop, which began as a typical food bank and over a decade evolved into a multi-faceted Community Food Centre with various programs dedicated to food, sustainability and social justice advocacy. As Saul and Curtis explain, their work has been based on the belief that everyone has the right to good food and, just as importantly, the obligation to treat the Earth and each other with dignity and respect.

When Nick Saul became executive director of The Stop in 1998, the food bank offered monthly food hampers and a free Healthy Beginnings program for



**Members of The Stop help grow fresh produce at the community garden.**

PHOTOS COURTESY OF THESTOP.ORG

expectant mothers. It did not take Saul long to realize that the hampers usually featured highly processed food that was neither satisfying to the palate nor nutritious for the body. Such foods not only left the poor beneficiaries with health problems but with the feeling that they were second-class citizens, unworthy of the better options their middle class counterparts could afford.

Saul determined The Stop needed to do a better job.

That commitment led to the creation of a community garden. It also led to a decision to cut down on the amount of unhealthy food in the hampers and a move to provide free, fresh, healthy, made-from-scratch meals throughout the day. The community garden and the free meals offered more than healthier food options. These efforts also helped foster community, the authors tell us. Those who only saw the backs of each other as they waited in line for their hamper started connecting, learning about each other and their sto-

ries as they shared a meal together. Those at The Stop discovered the power of food to bring people together.

As the years progressed and The Stop gained additional funding, the organization expanded to include ethnic cooking classes for immigrants, sustainability classes at the garden, social outings, participation in the local farmers market, attendance at local antipoverty meetings and a new community advocacy project. The Stop focused beyond the immediate need for food and set sights on a larger necessity: changing the policies that institutionalize poverty and hunger.

The Stop started to host town hall meetings, created a speakers' bureau, and formed a team to plan anti-poverty events. Food bank members led protests against government policies they saw as working against the poor. The Stop ceased to be a place where people came once a month to receive unwholesome food and became a community center where neighbors bonded, ate nourishing meals and spoke up for their rights. As Saul and Curtis explain, The Stop offers "not just a handout but a hand up."

With a second location and a multitude of new programs focused on community development, social justice, environmental sustainability, and great food, The Stop developed into something else, something new: a Community Food Centre.

As The Stop achieved international recognition, it also became inundated with requests from food banks across the world hoping to similarly transform themselves. In response, organizers created free webinars and other resources to help.

Nick Saul left The Stop in 2011 to help develop a new organization, the Community Food Centres Canada (CFCC) committed to the development of more Community Food Centres across the nation.

In addition to their emphasis on healthy and environmentally-friendly food, the authors of the *The Stop* also firmly insist that that *food banks are not the answer*. While food banks provide temporary relief, Saul and Curtis say that government is responsible for addressing the broader changes that help reduce poverty that lies at the root of hunger. They write that The Stop, as well as other Community Food Centres, advocate for the political change that will render food banks unnecessary.

Throughout the text, "The Stop" is helpfully interspersed with information about the history of food banking, the policies that cause poverty and hunger and the progression of the "fusion food" movement. The movement, which The Stop firmly adheres to, is about realizing the interconnectedness of all parts of the "food system": the farmers who grow the

food, the big corporations who distribute food and the health of the planet and that of the consumers. Such concepts are fully explained so that even the reader wholly unfamiliar with the topics can understand them.

Also, the book is peppered with different profiles of people who frequent The Stop and how the experience changed their lives. The stories connect the reader on an intimate level with those who go to the food bank. The inspirational story behind The Stop is described in colorful and descriptive language, resulting in an engaging read.

Finally, once the back cover is closed and the book placed back upon the shelf, the reader is left with a sense of hope for a better future and understands the challenge to make that future a reality. The epigraph, a quote from Northrop Frye, to this book says it all: "The fundamental job of the imagination in ordinary life, then, is to produce, out of the society we have to live in, a vision of the society we want to live in."



**Participants learn to make nutritious meals in The Stop's cooking classes.**



**The Stop fosters community and friendship among its members.**

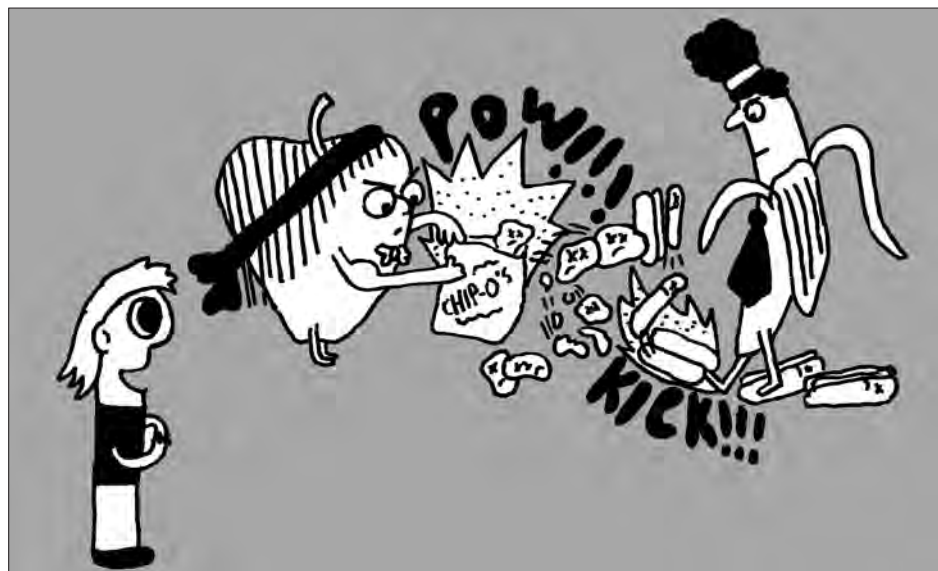


ILLUSTRATION BY TYLER HACHELROAD





ILLUSTRATION BY SOPHIE ALEXANDER

## Vendor Recipes

### Larry's Famous North Carolina Style Chopped Barbecue Recipe

By Larry Garner, Vendor

- 1 pork butt (bone in) or pork shoulder
- 1 cup apple cider vinegar
- 1 cup boiling water
- ½ cup Tabasco or similar hot sauce (Frank's would be good too)
- ¼ cup molasses
- 2 teaspoons of salt

Place the pork in the crockpot, fat side up. Mix the vinegar, boiling water, Tabasco and molasses together. Pour the liquid over the pork in the crockpot. Cover and cook on low for 8 to 9 hours. Remove from the liquid. Pull meat apart and discard fat. Serve with your favorite barbecue sauce.

### Peanut Butter

By Gerald Anderson, Vendor

We knocked to see if they okay (during the Katrina war).  
The grandma and grandbaby come to the door.  
With peanut butter all on his face,  
The little boy put a big smile on my face  
All I was thinking was my own baby days,  
Eating the same peanut butter that baby had on his face.

**"I'm a seafood man but I'm also a pasta man.**

**Shrimp and spaghetti. I like meatloaf, too."**

- Charles Armstrong

### Food

By Veda Simpson, Vendor

F is for French fries  
O is for oysters  
O is for oxtails  
D is for Duck.

**"I like baked chicken."**

-Warren Stevens

### The Making of You

By Jacqueline Turner, Vendor

Add a little sugar  
Honey suckle limbs  
A great big expression of happiness  
With a dozen roses  
Such would astound you.  
The joy of children laughing around you  
This is truly the makings of you  
By the impressions.  
The way to make humanity  
A teaspoon of kindness  
Two cups of empathy  
Four cups of understanding  
And a touch of love.

### Deep Dish Peach Pie

By Gwynette Smith, Vendor

- sugar -about 1 cup
- flour-about 2/3 cup
- lemon-1
- peaches-12
- butter or margarine-1 tablespoon
- pastry for three-crust pie

Heat oven to 350 degrees and make sure your pot is 350 degrees capable, the way many are today.

Layer the bottom of your pan with crust. Then add peeled peaches that have been sliced. Sprinkle butter, sugar and flour and a little salt.

Then add peeled peaches that have been sliced. Sprinkle butter, sugar, flour and salt if unsalted butter is used.

Put a crust on top and repeat the same procedure, and then add a top crust. Make slits in the top with a knife and you can press the edges with your fingers, and if you like, put aluminum foil around the edges to keep them from browning too much.

Bake until the crust is golden brown and juices begin to bubble through the slits.

Be sure to sprinkle a little lemon juice on each level of pie filling.

This recipe is also delicious with blackberries.



## I Know Hunger

By Jacqueline Turner, *Vendor*

I know how hunger feels. Your stomach is touching your backbone. There is a huge cramp in your belly. You are weak and very tired. All you can do is lie down. But you can't sleep because you are too hungry. On the other hand, my daughter says she has never experienced that kind of hunger. So I asked her "if you were hungry and couldn't feed your child, what would you do?" She said, "I don't know. I think I might

take a chance on going in a store and steal food". Because I have too much pride, my reply was I couldn't believe that she would take a chance on going to jail instead of asking someone to please buy her some food, because she was hungry.

I have no problem asking for food if I need it. It's not that I don't have any pride; I just feel there is no shame in asking for what you need.

## Food for Thought

By Veda Simpson, *Vendor*

A lot of blacks in my days and before were brought up on pork. Pork in their milk, pork in everything they ate. A lot of people didn't know that what they ate had pork in it and they grew up healthy and strong. No kind of health problems. Now that they are grown, no more pork. It's not good! Some go to jail, become a Muslim and proclaim they have never eaten pork.

Well, as for me I LOVE Pork! I eat everything but the oink and that because I can catch it! My favorite is chitter-

lings, which is the pig's intestine. I also eat the eyes, which taste like giblets, and pig brains and scrambled eggs. UM, Um Good! They say experience is the best teacher, so I say try it, YOU just might like it. Other parts of the pig you might try are: the liver, ears, cracklings, feet, tail chops, ribs ham and knuckles. To me it's good for the body, mind and soul. It is a taste to behold.

## Vendors' Mealtime Picks

### McDonald's



### Ben's Chili Bowl



### China Town



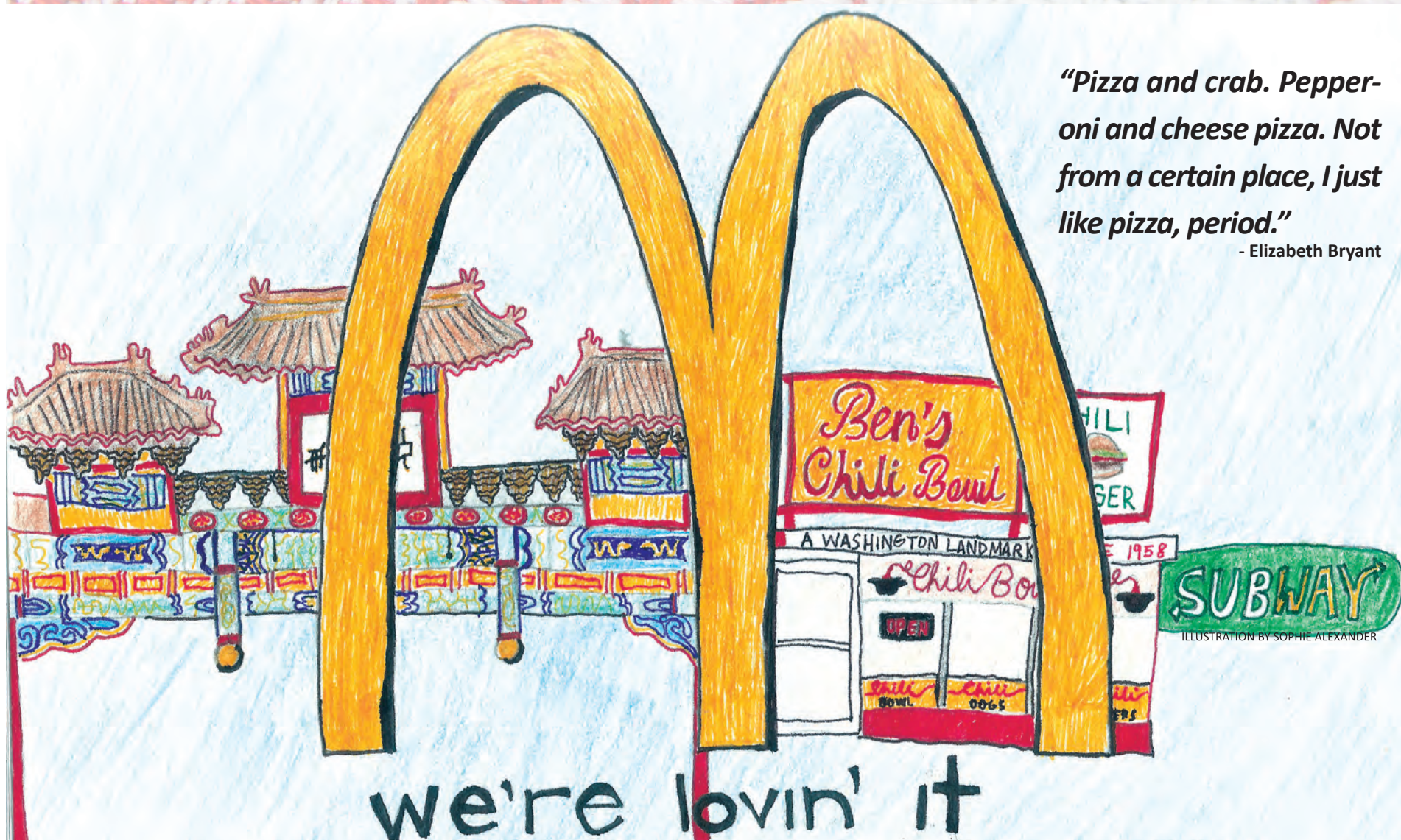
### Jimmy Johns



### Subway



### Whole Foods



*"Pizza and crab. Pepperoni and cheese pizza. Not from a certain place, I just like pizza, period."*

- Elizabeth Bryant

ILLUSTRATION BY SOPHIE ALEXANDER





BARNEY & CLYDE IS A COMIC STRIP ABOUT AN UNLIKELY FRIENDSHIP BETWEEN A HOMELESS MAN AND A TYCOON. IT'S ABOUT OUR MODERN, POLARIZED ECONOMY OF HAVES AND HAVE-NOTS. IT RE-EXAMINES TRADITIONAL MEASURES OF SUCCESS, FAILURE, AND THE NATURE OF HAPPINESS.



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KEVIN'S COMICS





## Now, What is Sleep Apnea?

By Leonard Hyater, *Vendor*



My name is Leonard C. Hyater, Jr. On June 6, at 5 p.m., I came in for a sleep test for my sleep apnea. About two hours later the sleep technician came into my room and said to me, "Mr. Hyater, I am going to put you on a Continuous Positive Airway Pressure (CPAP) machine. You stopped breathing while asleep."

That scared the living hell out of me.

Now, what is sleep apnea?

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may

have sleep apnea if you snore loudly and you feel tired even after a full night's sleep.

There are two main types of sleep apnea: obstructive sleep apnea, a more common form that occurs when throat muscles relax; or central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing.

The reason I am writing this is because when I was told that I stopped breathing while I was asleep, I realized that this sleep apnea is no joke. For those that have sleep apnea, please get on a sleep test. It could improve your life.



ILLUSTRATION BY ALISON HEASLEY

## The Budget

By Robert Warren, *Vendor*

With a new budget full of holes for the chronically homeless to fall through, members of our homeless community must continue to endure many challenges despite trying their best to get by. This is not to speak of the young people aging out of foster care and entering into shelter care, senior citizens, the mentally ill and young mothers. Some struggling residents may get help from rapid rehousing this year, but others will wait in vain.

As in years past, passionate advocates from all over the city fought for money to be allocated to homeless services in the District budget for Fiscal Year 2015.

May the Lord keep us for standing up for what is right, so people don't have to live in a city where they can be economically discriminated against or can't find housing. Poor people have been working and living all their lives in this city to make DC their home.

Along with a group of fellow advocates including Reginald Black, I went to a council member's office on a recent lobby day advocacy event. Our group included twelve women, all of whom are from different walks of life. They spoke about what homeless people need in order to live in Washington, DC with some dignity and respect. The women articulated their ideas as well as their proposed solutions for what would be fair funding for homeless services, especially in a city that's not hunting for cash.

The council member's staff person listened, then told us that most homeless people are not from the area. These are the kind of talking points officials use to justify not putting enough money in the budget to prevent people living in dangerous conditions and dying on the streets. They use these words to imply homelessness is not the city's problem while seniors live out their lives in shelters.

As a homeless advocate and having been homeless myself, I would say only about 30 percent of those in low barrier shelters are people who are not lifelong

or long-time DC residents.

There are always nine or 10 council members who talk the good talk, but when it comes time for a vote, the poor and the homeless are forgotten.

We can't continue to have council members and mayors who really offer no solutions, not one policy, no viable plan that would begin to address the housing crisis most poor and homeless residents find themselves in this election year. We need to hold all candidates accountable to have a plan that all or most DC residents can agree on.

DC residents have said the number one thing the District government needs to address is the urgent need for affordable housing. Here are some solutions the city council and Advisory Neighborhood Commissions should consider.

One would be to look at "right to housing" initiatives such as the one fourth rule. Qualifying individuals pay one quarter of their income for affordable housing with local and federal subsidies and participating landlords helping to make up the difference.

As the twelve ladies at the lobbying event stressed, programs such as TANF (Temporary Assistance for Needy Families) and LRSP (Local Rent Supplement Program) can also be useful tools in getting people quickly housed.

Single Room Occupancy or SRO units should be made available for homeless youths, offering them stability while they complete their job skills training or educations.

Rapid rehousing should be expanded for singles and families and a robust permanent supportive housing program should be available for those who are extremely disabled, physically or mentally.

In these ways, I believe we can at least start to address the housing crisis in the District of Columbia.

## Down With the Establishment

By Jeffrey McNeil, *Vendor*

Throughout history, man has tried to explain strange occurrences, such as the missing airliner from Malaysia. However, despite huge advancements in technology, some things remain a mystery.

Because many things are beyond man's comprehension, I prefer to put my trust in God instead of experts. I believe God exists. No data or evidence could convince me otherwise.

Because of my faith in a higher power, I'm not willing to hear any explanations from experts about why House Majority Leader Eric Cantor (R. Va.) was trounced by David Brat, an unknown small-college economics professor, in last week's primary. Didn't these same experts predict Mitt Romney would win in a landslide?

Rather than bore you with complicated facts and statistics about why Cantor lost, I will give you my personal analysis.

Cantor's defeat is a symptom of an underlying frustration with incumbents and the political process. This rage isn't just directed at Washington. It includes the institutions associated with Washington: lobbyists, special interests, big business, labor unions, school boards, city council members, bureaucrats and government employees. If any of those are up for election, voters will defeat them.

To me, it seems like neither party is solving the needs of everyday Americans.

While many Democrats blame Republicans for the current hostilities on Capitol Hill, let me remind you the Democrats controlled Congress in 2008. But, rather than compromise, they rammed through a taxpayer funded stimulus bill. While Democrats were spending money, Republicans got more conservative. The Tea Party gained momentum. Republicans gained control of the house in 2010.

However, even though the Republicans of 1994 were led by former Congressman Newt Gingrich and were just as partisan and belligerent as the Tea Party, they helped to balance the budget, raise taxes, and create jobs during the Clinton

presidency. But the Tea Party refused to compromise with President Obama on anything. They blocked his judicial appointments and nominees and obstructed bills that once found bipartisan support, such as funding infrastructure improvements and extending unemployment insurance and shut down the government twice.

Because both parties have become more extreme, more Americans have moved toward the middle. According to a recent poll, 55 percent of people in this nation consider themselves "centrist."

Despite this warning of anti-establishment fervor, the pollsters predicted Cantor would win his district by more than thirty points. He was supported by powerful special interest groups such as the National Rifle Association, the Chamber of Commerce, and the National Association of Realtors. Armed with a juggernaut of cash, he outspent his opponent 26-to-1, while Dave Brat ran a shoestring campaign with a budget of \$200,000 and a 23-year old college student for a campaign manager.

Many in Washington want you to believe the nation is polarized and divided. There's too much emphasis on whether you are a Republican or Democrat or a liberal or conservative, instead of who is benefiting versus who is suffering from government.

However, many are beginning to think there is a moral, spiritual, and cultural rot in Washington. Some see this rot from the right, such as Brat; others see this rot from the left, such as Sen. Elizabeth Warren. Truth is, to rid the rot, we need to abolish the whole system.

I am fed up with limited American political choices. I am tired of charismatic speakers promising to change the status quo, only to become part of the status quo. But Americans should not rage at a group, party or individual; they should focus on the institutions that continually fail us.



## MY KATRINA: Part 13

By Gerald Anderson, *Vendor*



*Previously: My homeboy Calio, after he see his cousin Tiffany all stabbed up, come cryin' and breathin' all heavy. He say, "It's time to go*

*to war." Anything move, look dangerous, he ready to rock it to sleep. But I'm like, "Man I not playing with no guns." He say, "They rock Miss Mary family to sleep. They just rock my cousin to sleep. You know they gotta have one of us on the list." We paddle to see Tiffany. I can't believe it's her all covered with flies and stinking like garbage that been out for a week in summer. Even though she dead, I whisper to her rotting body, "I told you, Tiff, what you done in the dark, it come to the light."*

Calio's cousin Tiffany was 27. She dressed nice and was real good-lookin'. She was a hood girl. That means she hung out with high-class drug dealers. And every time you look around and one of them get killed in the project, you find out Tiffany just been with them. She make men so jealous they kill each other. Now someone kill her.

We always knew it was gonna happen. I know now she be saying, I wish I woulda listened.

I used to tell her, "The hood love you

baby. You the model in the hood. You the hottest girl in the hood."

But she was playing some cutthroat games - leading guys on. I knew her, I knew her scam. She'd get high and smoke weed and do drugs. She'd make the average man leave his wife, if he don't know her.

She bring men from other wards into the hood. Ward Three dealers feel she threaten their territory. She be in the club dancing. She dance good. She been strip-ping. She got a lotta tattoo.

If I say, hey this guy wanna see you dance, she say, "He got money?" It gotta be over a hundred dollars. She a gamer. She lead men on.

Seeing Tiffany's massacred body brought memory to me of just a few days earlier, seeing Miss Mary and her family—KK's grandma and cousins—soaked in they own blood. Now, me and Calio and KK look at each other and just shake our head.

I seen the look in the eye and feel the pain of them. All they was sayin' to me was Third Ward, we can't let this go down like that.

And I told them, "Man, I feel what y'all sayin but right now we got 387 people in the projects. We gotta find a way to get everyone outta here. Man, it gonna be all right." Calio and KK both had they head down, listenin' to what I'm sayin'.

Back at the projects, we went up to the fourth floor. After that we walk down the balcony, door to door, talkin' to all the

families, ask them if they all right.

When Calio knocked on apartment 4, Miss Ruby open up her door. Inside was her, her grandkids, and her husband. The three-year-old grandson know us so good. He run to the door with a whole lot of peanut butter on his face and ask Calio, "You want some?"

Calio, still hurtin' so bad from seein' him cousin Tiff all sliced up, look back at the boy and laugh and say, "No Little Man I'm good. Thanks Little Man, I needed that smile you give me, Little Man." I never seen Calio smile the way he smile at that kid, all 32 teeth showin'.

That's when I knew he was comin' over a bit what happen to his cousin, Tiffany. But deep down, of course, I knew the hurt still there.

The boy was still handing the peanut butter jar out to all three of us "Who want some?" he ask. I looked at the little kid and say, "Man when I was a little kid I used to eat that same kind of peanut butter—the kind with the jelly swirled in."

After that me and Calio and KK be talkin' and I say, "Man, we gotta figure a way to get folks outta here."

We each went to different floors, checkin' to make sure everyone was eating and feeling okay and then we radio each other and say, "Radio check," which means everybody good. That don't mean the violence be over.

*(to be continued)*

## For Maya Angelou

By Angie Whitehurst, *Vendor*



We all heard the words and saw the deeds with dumbstruck awe. Who does that woman think she is? And as the clock struck daylight

on cue with civil rights, the new laws, and conformity. Wow! How great not white can be.

The love, the hope, the dream is the apex supreme. Beyond the terrifically tremendous trauma and jugular-pitching, nerve-wracking drama, Maya Angelou epitomized the "Get over whatever it is and rise" syndrome.

Forgive yourself first. Have mercy on the assailers of avariciousness, greed, self-serving power hungry, the jealous, competitive rivalry and the gut-wrenching, mean-spiritedness. Forgive them and give them another chance, for surely "they know not what they do." This is born of ignorance, ritual, tradition and a nature of the world since the beginning of the human kind.

Our nature has been to apply brute force to conquer and reign, to force submission, through physical and psychological deprivation; an ungodly, abhorrent enslavement that leaves the body, heart and eventually, the absolute brainwashed soul, adrift.

The moral of this long-winded story is to lift yourself up. Pull and tug free-willed ones with you. Dump the tray of hate, prejudice and discrimination, aggressively.

Forgive, toil, and insist on the more perfect and better of all that is wonderful, aromatically tingling, thrilling and awesome, and enlighteningly good!

Above all else, remember each and everyone, you included, is human.

Live, love, and fight the undertone of infallibility's target, the malfeasance of human nature.

Let us all take heed:

Keep the hope

Keep the love

Be an example when you can

And last and most importantly,

Phenomenally rise.

Thank you, Maya Angelou, for living your life, surviving and forging a light, a path and a way to keep arising each and every day, no matter what.

## The Holy Shrine

By Chon Gotti, *Vendor*

He sees the holy shrine in his life  
Where all the sweet memories are buried  
Visiting the shrine he gets immense pleasure  
What he is today is because of the shrine  
The shrine makes him alive and afresh  
The more time he spends inside the shrine  
The more enlivened he becomes  
He derives all the essence from the shrine  
And living in the present, seeks the divine  
He sees the shrine to be a manifestation of the divine  
And bows his head when it appears in his mind.  
The shrine dazzles,  
and he shines.



## Remembering Maya

By Robert Warren, *Vendor*

And we all got these words from a wonderful lady  
Of life's journeys and why the caged bird sings.  
She told of what it all means  
For a believing woman to raise her voice  
To give herself a choice in life.  
And when the time comes  
Be you many or be you one,  
Raise your thoughts and say  
Speak of things and don't be afraid to say.  
And when they try to cage you in this life  
Sing, Sing, Sing and let it be known  
For justice is a song you will sing.  
This wonderful lady came to know  
She shared it in a word in her life  
Whatever you go through, live to be free  
Live to be you  
And always cry out for justice.  
And even when caged,  
Sing, Sing, and Sing His praise.  
For I know why the caterpillar  
Wants to fly.  
Praise the Lord for Sister Angelou.



# The Mysterious Masonic Ring

## Chapter 10: Preparing to Fall Out of the Frying Pan

STREET SENSE  
June 18 - July 1, 2014

VENDOR WRITING

13

By John "Mick" Matthews  
Vendor

*PREVIOUSLY: Dickerson and Kittie deduce from the undercover agent's poem that the next clue will be delivered in Lafayette Park. Dickerson has a secret meeting scheduled with the Illuminati operative called Bowler Hat, but he hasn't come up with a plan for how to leave Kittie out of it...*

After nearly having a heart attack over the Masons' delivery plan of their last riddle, we had determined that the next Masonic rendezvous would be the next day in Lafayette Park. Step one of my day's plan complete. Step two would come later that night, when I would meet Bowler Hat and

probably listen to his pitches as to why I should hand the ring over to him. Fat Chance, but if the geezer was gonna toss some more money my way in the process, I'd hear him out long enough to laugh my way to the bank.

One major snag in this: Kittie. I couldn't let her anywhere near Bowler Hat. He was playing for global stakes here, which made him far too dangerous for Kittie to even think about pulling the proverbial claws out on him. He'd be the proverbial curiosity to kitties, um, well, cat.

After we finished our lunch, Kittie and I wandered down K street towards Connecticut Ave.

"Bill," Kittie began, "I've been doing some thinking."

"Go on," I responded, fishing a ciga-

rette out of the pack in my back pocket.

"We've been sitting on a small fortune these past few days," she went on, "don't you think we should do some shopping and get some stuff we need?"

"What kind of stuff do you have in mind?" I answered, thinking that perhaps this was the opening I needed.

"Well, clothes for starters," she said "We've been running around in the same couple of outfits for God knows how long. As often as we've had to wash and rewash what clothes we have, it's a wonder they haven't fallen to rags by now. And what about phones? I mean it's not like they're putting in more payphones anywhere. Hell, they're starting to take them out of the Metro Stations! We need cell phones."

With a sly, knowing grin, I reached

into my pocket and fished out my wallet. Counting off two thousand dollars in fifties and hundreds, I handed Kittie the bills in a neatly folded knot.

"Here, babe, this oughta be enough to get what we need for now." I said "Now you know my sizes and the kinds of things I tend to wear. I trust your shopping instincts better than I trust my own. So why don't you go and get what we need?"

"And what exactly are you going to do while I go out and play 'Frontier Village'?" She asked with an annoyed smirk.

"I'll be in the MLK Library, researching other famous Masons to prepare for tomorrow's riddle." I answered.

(to be continued)

## Poetic Peace

By Scott Lovell  
Vendor

The day is done  
and now it's night.  
A poet has been taken,  
from our sight.  
Why do you cry?  
For she will never die,  
She has given us words  
we can all live by.  
It can't be ignored,  
her words leave us restored.  
She gave us words to cherish  
Therefore, she can never perish.  
She has conquered death,  
For her words give us breath.  
Like the flecks of a new sunrise,  
words take on new meaning  
at a poet's demise.

## The Joy of Father's Day

By Ashley McMullen  
Vendor

Father's Day makes us appreciate our fathers and the women who are playing the role of both mother and father.

Some men these days sleep with a woman and then leave when the woman gets pregnant. Any man can make a baby, but it takes a real man to take care of his responsibility. A real father takes care of his children, mentally, spiritually and emotionally. So to all the fathers and mothers who act as fathers, Happy Father's Day!

## True Calling

By Marcus Green  
Vendor

For now it's to sell papers right now. Also to meet new families and their dogs. For real, the dog makes my day in an Animal Channel way. I couldn't be happier doing what I do and when I outgrow this one I'll find another to make a difference - will you?

## Rapid Learning

By Judson Williams  
Vendor

There are many strategies for rapid learning. Perhaps you know these two.

Week One: Question? Do not answer, just notice by comparing and contrasting on a daily basis these two book titles: The Magic of Thinking Big and Small is Beautiful.

Second week: Continue noticing this for another week. Compare and contrast by noticing a nickel and a dime.

Third week: Anger by Thich Nhat Hanh. Notice the table of contents. Find a chapter heading that appeals. Read the chapter once a day. Write it down. Practice calligraphy, including date and time. After seven days of reading and writing (practice writing very slowly) gather all seven written chapters and read a line, then blacken it with a permanent marker, one chapter a day. This should equal fourteen days.

It will also assist being able to erase thoughts from your mind. Don't panic if you think people are trying to manipulate you and your thoughts. Beware your ego.



By Chris Shaw, "Cowboy Poet" Episode 13

## A BIT OF HISTORY, JUST A BIT...

Elaine Bloodhorn, world-weary, over-roused, but still sweet and still soulful, felt a sudden rush of vertigo as she sa-shayed across the cramped stage of Thirteenth Street's notorious "Silver Slipper" dance bar. "God, this is ridiculous," she muttered. Sopha, her vixenish "pas de deux" partner, grabbed her back from the lip of the stage in a panic. The band, oddly enough (because Sid the tin-horn trumpeter was sober enough to perform this evening) was stumbling through "Ring of Burning Fire."

Sopha felt Elaine's forehead and that's exactly the way it felt-- like burning fire! "H-huuh, huh, what'cha mumbling, Big Little Sister, I don't get it."

"Ulp, I-I ah, don't feel too swift," gasped Elaine, as the trumpet refrain seemed to flare in her right ear like the Bells of Hell.

"Yeah," and Sopha danced her buddy off stage right, away from those blinding footlights. Elaine was racking her swoozled brain, wondering, "Just what was in that damn cheese sandwich?" Somehow she managed to gather her faded salmon windbreaker around her superstructure and pick her way haltingly to the Astoria a block away. As if a mirage in Elaine's befogged vision, there was Billy Luck to carry her upstairs and lay her gently onto the squeaky old iron bed.

"You look wiped out, Elaine," Billy murmured, almost in shock. She, in turn, saw a hillbilly Adonis, her one true rescuer from this dawdry honky-tonk underworld.

Billy knelt beside the lady, feeling a surge of aching affection, even though he and Elaine had not experienced the true "Wild Thing" action, as it was regarded down here on the Strip.

Billy gripped Elaine's left wrist, feeling for her pulse. It seemed the heart rhythm had grown very faint. He pushed out the corrugated-metal covered door to Room 204 and bellowed uncontrollably, "CHO-LO!! Get up here! Elaine's doing poorly---"

Cholo burst thru the dim corridor, but another more robust figure seized Billy and slammed him against the moldy plaster wall. "William Luck, address unknown? Welcome, bastard! Sergeant Phil Carlisle, Metro Police!!"

Meanwhile, behind the "Silver Slipper," Jed Harris and the grizzled doorman slapped five and exchanged a filthy roll of ten-dollar bills. Butch, the doorman, jabbed Harris sharply in the side.

"Word from Marsh is, bro, you woulda made a better payday had you exed out his wife Skipper, instead of jest SKEERING the broad!! Do ya savvy?"

Harris groaned as only a lost soul could. "So where's Elaine, then."

Butch laughed grimly. "She in a baad way. And they takin' Billy Luck down on suspicion..."

Harris tugged at his dusty broad brim pimp skimmer. "Sheet..."

(to be continued)

# At the Big Bus Stop, Waiting for the Hits

By Chris Shaw, "The Cowboy Poet"

From my lofty perch of baseball  
Perspective, I struggle  
'Gainst perspicacity!  
The Big Bus jounces along,  
Ferrying egos of all sizes;  
Yet I have assized,  
On the average, this is true-  
The greater the hubris,  
The higher the "ERA."  
Lincoln told us,  
"You may fool some of the people  
Some of the time...",  
So then, What about the rest!  
Isn't it at least a  
Moral Crime, to hood-wink  
Loyal paying devotees  
Of the game, Weekly, Daily  
At dear Nats Park;  
Knowing you have no dry tinder  
With which to light the spark  
Of Hitting, and Run-Building!  
Alas, is there no one in  
This building, Brave enough  
(Nay! Speak not of the Braves,)  
Bold enough, Yes! that's it,  
Man or woman enough  
To manufacture  
One, perhaps a second,  
DECENT DEEP HIT?  
Or even a good leading Run?  
That, my friend would be fun.  
Listen, we love Ramos, and  
Rendon.  
"Zim," welcome home!  
Simply,  
Guard both your thumbs!  
For we're all thumbs as it is,  
Without ye!!

# Overcoming Sin

By Daniel Johnson, Vendor

WE MUST OVERCOME!!!

- ( PART#1 )  
ST.JOHN 16:27-33  
ST.JOHN 15:1-5  
ISAIAH 54:17  
JAMES 4:7-10  
EPHESIANS 6:10-17  
1 CORINTHIANS 10:13  
2 CORINTHIANS 10:3-6  
I JOHN 2:13-17  
1 JOHN 4:1-4

- ( PART#2 )  
REVELATION 2:1-29  
REVELATION 3:1-22  
2 PETER 2:1-22  
1 CORINTHIANS 9:24-27

- ( CONCLUSION )  
ROMANS 12:17-21

# Relationship with Street Sense

By Scott Lovell  
Vendor

It's a real joy working with Street Sense and building relationships with the customers. It is a real joy for Hi-Five Jack to come give me a hi-five daily. He is a real joyful person, he comes just for the hi-five. He is always smiling. Whenever I see him coming, I start smiling, too. A smile a day keeps stress away.

When this other lady crosses the street walking with her cane to see me, it is a blessing to me. She struggles, but God blesses her to go to work every day. A lot of people would give up but she keeps the faith and comes out to say, "Hi, Scott" every day.

It gives me great joy that someone thinks about me like that. There are a lot of people who look forward to seeing me and I enjoy seeing them at Farragut North Metro. A lot of people smile and say "hello" to me everyday. Farragut North is a great metro stop for Street Sense. A lot of vendors like the spot. I feel like I have a personal relationship with my customers there.

I have also built relationships with customers in McLean, Virginia. I left them this winter and they wondered where I was. I took a leave of absence from my part time job at the carwash this winter because it was too slow.

Selling Street Sense isn't about making money, it's about passing on knowledge about the homeless and what we accomplish while homeless. This homeless girl, Rashema Melson, made valedictorian. She earned a four year scholarship to Georgetown, so she will have a home at George-



Rashema Melson, Anacostia High School valedictorian, received a full scholarship to Georgetown University. Melson lives in DC General family shelter.  
PHOTO COURTESY OF WTOP/MICHELLE BASCH

town for four years.

The homeless are people, too. I love God and my customers. I am at Farragut North most evenings but the heat and evening thunderstorms may keep me away some evenings. I am a winter baby, I like cold weather. If you are ever in the area, come by and say hi or give me a hi-five.

God always gives us the things we need. We don't meet people by accident; they are meant to cross our path for a reason.



PHOTOS BY SCOTT LOVELL

# With Help, Life Can Be Good Again

By Roberta "Bobbi" Bear  
Vendor

In 2002, I was at a party at a good friend's house and met a man. We both liked each other and quickly started spending lots of time together. Shortly after we met he moved in with me. He was using drugs and I started using drugs as well. I didn't know at the time that he had a criminal record and a history of domestic abuse.

Shortly after he moved in, he became very violent with me. He left me with bruises and broken bones on many occasions. He mentally and emotionally abused me. He often locked me in the house. Many times I called the police and told them I was suicidal so I would be taken to the hospital. It was sometimes the only way I could get away from him. I felt like I was a prisoner in my own house.

Even though he was so horrible to me, I had a hard time saying no to him and we lived together on and off for 11 years. One night in October 2013, he came home high. He pulled me out of bed by my hair, accused me of cheating on him and forced me to give him the \$40 I had made that day from selling papers. He stole my phone and left to go buy drugs. As soon as he left, I ran to a neighbor's house and called the police. When he returned to the house, the police arrested him and took him to jail. The next month, he was charged and found guilty of second degree assault. He was sentenced to six months in prison but was released after three.

After that night in October, I knew I needed help. I called the House of Ruth and started seeing a counselor. I saw that

counselor every week for four months and we worked on many of my mental health issues. I am so grateful for the help they gave me. They also provided legal services and helped me obtain a protective order. Not only was I receiving therapy and legal help, but I was able to live at the House of Ruth for seven months. I kicked my drug addiction. I learned to become independent and I also learned to love myself.

I now know that the abuse I suffered was not my fault. I also know that even though I walked away from God, God was still there and still loves me. There are many services like this out there and even though life isn't always a bed of roses, if you do the work and take advantage of the services available, life can be good again.



# Farmer's Markets and Food Stamps

By Sophie Alexander, Editorial Intern

Fresh produce can be scarce and expensive for low-income shoppers in Washington. But farmers' markets around the city are working with federal benefit programs to making healthy diets more accessible.












Twenty-four farmers' markets around the city now accept Supplemental Nutrition Assistance Program (SNAP) electronic benefit transfer cards. As a result, more than 140,000 District residents benefiting from SNAP food stamps each month can access fresh fruits, vegetables, meats, eggs, and cheeses at their local farmers' markets. More than 20 markets throughout the District also offer participants in the federal WIC (Women, Infants and Children) nutrition program up to \$30 in "Get Fresh" checks that can be spent on fresh fruits and vegetables.

To receive these benefits, SNAP EBT card or WIC program ID holders should go to the Market Information tent. At certain Markets and More locations, the nonprofit DC Greens runs and funds a Bonus Bucks program that offers SNAP and WIC participants up

to \$10 more per benefit, matching the number of dollars spent.

Another program working with federal benefits is the Produce Plus Program (PPP). To receive these benefits, find the information booth at your neighborhood farmers' market and present your program ID, SNAP, WIC, CSFP (Commodity Supplemental Food Programs), SSI (Supplemental Security Income), TANF (Temporary Assistance for Needy Families) or Medicaid insurance card, along with your DC issued ID card. With this program you can receive up to \$10 per household in checks you can present to vendors at the market.

For a full map of farmers' markets accepting SNAP, WIC and other programs, visit [www.dchunger.org](http://www.dchunger.org) and click Farmers' Markets under the Projects and Initiatives tab. For more information on the programs visit [MarketsAndMore.info](http://MarketsAndMore.info). For questions about the programs, call the market director of Markets and More, Robin Shuster, at 202-234-0559.

- |   |  |
|---|--|
|  Housing/Shelter       |  Clothing         |
|  Outreach              |  Transportation   |
|  Education             |  Legal Assistance |
|  Food                  |  Showers          |
|  Medical/Healthcare    |  Laundry          |
|  Employment Assistance |  |

**DEPARTMENT OF MENTAL HEALTH ACCESS HOTLINE**  
1-888-7WE HELP (1-888-793-4357)

**SHELTER HOTLINE:**  
**1-800-535-7252**

**Academy of Hope:** 269-6623  
601 Edgewood St, NE  
[aohdc.org](http://aohdc.org)



**Bread for the City:**  
265-2400 (NW) | 561-8587 (SE)  
1525 7th St, NW | 1640 Good Hope Rd, SE  
[breadforthecity.org](http://breadforthecity.org)



**Calvary Women's Services:** 678-2341  
1217 Good Hope Road, SE  
[calvaryservices.org](http://calvaryservices.org)



**Catholic Charities:** 772-4300  
[catholiccharitiesdc.org/gethelp](http://catholiccharitiesdc.org/gethelp)



**Charlie's Place:** 232-3066  
1830 Connecticut Ave, NW  
[charliesplacedc.org](http://charliesplacedc.org)



**Christ House:** 328-1100  
1717 Columbia Rd, NW  
[christhouse.org](http://christhouse.org)



**Church of the Pilgrims:** 387-6612  
2201 P St, NW  
[churchofthepilgrims.org/outreach](http://churchofthepilgrims.org/outreach)  
food (1 - 1:30 on Sundays only)



**Community Council for the Homeless at Friendship Place:** 364-1419  
4713 Wisconsin Ave, NW  
[cchfp.org](http://cchfp.org)



**Community Family Life Services:**  
347-0511  
305 E St, NW  
[cflsdc.org](http://cflsdc.org)



**Community of Hope:** 232-7356  
[communityofhopedc.org](http://communityofhopedc.org)



**Covenant House Washington:**  
610-9600  
2001 Mississippi Avenue, SE  
[covenanthousedc.org](http://covenanthousedc.org)



**D.C. Coalition for the Homeless:**  
347-8870  
1234 Massachusetts Ave, NW  
[dccfh.org](http://dccfh.org)



**Father McKenna Center:** 842-1112  
19 Eye St, NW  
[fathermckennacenter.org](http://fathermckennacenter.org)



**Food and Friends:** 269-2277  
219 Riggs Rd, NE  
[foodandfriends.org](http://foodandfriends.org)  
(home delivery for those suffering from HIV, cancer, etc)



**Foundry Methodist Church:** 332-4010  
1500 16th St, NW  
[foundrymc.org/ministry-opportunities](http://foundrymc.org/ministry-opportunities)  
ID (FRIDAY 9-12 ONLY)



**Georgetown Ministry Center:**  
338-8301  
1041 Wisconsin Ave, NW  
[georgetownministrycenter.org](http://georgetownministrycenter.org)



**Gospel Rescue Ministries:** 842-1731  
810 5th St, NW  
[grm.org](http://grm.org)



**Jobs Have Priority:** 544-9128  
425 Snd St, NW  
[jobshavepriority.org](http://jobshavepriority.org)



**John Young Center:** 639-8569  
119 D Street, NW



**Martha's Table:** 328-6608  
2114 14th St, NW  
[marthastable.org](http://marthastable.org)



**Miriam's Kitchen:** 452-8926  
2401 Virginia Ave, NW  
[miriamskitchen.org](http://miriamskitchen.org)



**My Sister's Place:**  
529-5991 (24-hour hotline)  
[mysistersplacedc.org](http://mysistersplacedc.org)



**N Street Village:** 939-2060  
1333 N Street, NW  
[nstreetvillage.org](http://nstreetvillage.org)



**New York Ave Shelter:** 832-2359  
1355-57 New York Ave, NE



**Open Door Shelter:** 639-8093  
425 2nd St, NW  
[newhopeministriesdc.org/id3.html](http://newhopeministriesdc.org/id3.html)



**Rachel's Women's Center:**  
682-1005  
1222 11th St, NW  
[rachaels.org](http://rachaels.org)



**Samaritan Inns:** 667-8831  
2523 14th St, NW  
[samaritaninns.org](http://samaritaninns.org)



**Samaritan Ministries:**  
1516 Hamilton Street NW | 722-2280  
1345 U Street SE | 889-7702  
[samaritanministry.org](http://samaritanministry.org)



**Sasha Bruce Youthwork:** 675-9340  
741 8th St, SE  
[sashabruce.org](http://sashabruce.org)



**So Others Might Eat (SOME)**  
797-8806  
71 O St, NW  
[some.org](http://some.org)



**St. Luke's Mission Center:** 333-4949  
3655 Calvert St. NW  
[stlukesmissioncenter.org](http://stlukesmissioncenter.org)



**Thrive DC:** 737-9311  
1525 Newton St, NW  
[thrivedc.org](http://thrivedc.org)



**Unity Health Care:** 745-4300  
3020 14th St, NW  
[unityhealthcare.org](http://unityhealthcare.org)




**The Welcome Table:** 347-2635  
1317 G St, NW  
[epiphanydc.org/thewelcometable](http://epiphanydc.org/thewelcometable)



**Whitman-Walker Health**  
1701 14th St, NW | 745-7000  
2301 MLK Jr. Ave, SE | 797-3567  
[whitman-walker.org](http://whitman-walker.org)





## Send street sense to my doorstep!

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**LAST WORD: IF YOU GIVE A MAN A MUFFIN**

By Eilidh Jenness  
 Editorial Intern

It started innocently. The pastries, which usually cost between two and three dollars each, had sat in their glass case all day and were about to be thrown out by my manager. The coffee shop would be getting a new order of them the following morning, and the store's commitment to freshness meant whatever unsold baked goods were left at the time of closing would be taken out with the trash. The pastry box in his hands bulged with over three hundred dollars worth of muffins and tarts.

"Wait!" I demanded, new to the job and clammy with social responsibility. I'd also recently started my Street Sense internship, and had quickly discovered that researching and writing about homeless issues wasn't work that stayed in the office at the end of the day. You carry it with you, especially in DC, where the region's homeless population comprises about fifteen thousand of your neighbors.

"Can I take those?" I asked, calculating how I'd carry the overflowing box to the closest church. My manager obliged, and when my boyfriend met me outside, he seemed unsurprised by my idea.

But when we arrived at the church, it was locked. The box of pastries was slowly collapsing in my hands. We agreed to walk to the nearest park with the expectation of meeting people who would take them, but when we arrived, we only found one man. I started to feel desperate. "Where are all of the homeless people?" I asked, frustrated, before realizing how absurd my question really was. I called the Editor-in-Chief of Street Sense, Mary Otto, for advice on where to take the box, and she recommended the Creative Center for Non-Violence, which was a metro ride away near Judiciary Square.

As we walked to the station, we



stopped every few minutes, handing out pastries to individuals who were sitting on sidewalks and sleeping in parks. I placed a croissant in a woman's bag as she slept on a bench and delivered cinnamon rolls to men sleeping in the lawn. For a moment, I felt like the true Muffin Man, carefully selecting blueberry or bran purely on impulse. The men and women who were awake responded by inquiring about the flavors of muffins and politely asking if it was okay to take another. As I helped a man correctly identify a currant scone, another man who was sleeping facedown in the grass when I placed a muffin two feet from his head awoke. Just as he realized with delight that someone had personally delivered a fresh blueberry muffin to him, I realized he was not at all homeless and was merely taking a mo-

ment away from his standard office job. A free muffin is a free muffin.

In another instance, as I tiptoed closer to one sleeping man, I noticed his hand was down his pants. But instead of re-treating, I set the muffin down next to the homeless dreamer, admittedly six inches further away than I had placed the others, in a small liberal arts college act of defiance that proclaimed sexual activity should not determine who does and does not eat.

When we finally arrived at the Creative Center for Non-Violence, the box was only half-full, and enough people were gathered outside of the shelter that the box was empty before we reached the door. Personal pastry preferences were discussed and smiles were exchanged, and I went home an hour later than originally

intended as full with happiness as I would have been with sugar had I eaten the entire box of goods myself.

Now, a few weeks later, plans are underway to consistently send the pastries where they're needed each night. The circumstances of my muffin delivery escapade were rare, but the experience revealed common themes of humanity. People prefer different types of pastries but all of them are good. Some things can be enjoyed equally as much regardless of personal condition, and free muffins are almost always hard to resist. Most importantly, a muffin is a muffin and a person is a person, whether they're over-priced or free or housed or homeless, and each can make a difference, however small, in someone's life.

available. So, if you would like to attend, please pre-register at the website mentioned above by Monday, June 23. You may also register when you arrive. Fees are \$20 for adults and \$10 children. Pets and the disabled are welcome. Remember: if we don't take care of this planet, we may all end up homeless!

Attendees will also have the honor of meeting our next tour host, Dennis Chestnut, the executive director of Ground Work Anacostia DC. Dennis will describe how his group is improving the Anacostia and what to expect from our tour at the end of July. So, join me as we all learn how to lightly breathe in nature! Hope to see you there.



**C=MB<sup>2</sup>: TREE TOUR**  
 By Cynthia Mewborn, Vendor

After receiving great feedback about last year's article on indigenous fruit

**June 18 - July 1, 2014 • Volume 11 • Issue 16**

Street Sense  
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Remember, buy only from badged vendors and do not give to those panhandling with one paper.

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trees, I decided to offer a tour of the trees featured in the story. If we are to protect and respect our planet, I feel we must connect personally with every animal and plant. I hope this tour, and others that will follow, will remind us to admire, respect and conserve our living planet. We will breathe in my mantra: "Remember, we can't give these plants life; only they have the ability to give all living things life." For more information please visit the website "[LightlyBreathingInNature.tk](http://LightlyBreathingInNature.tk)"

The tour is Saturday, June 28. We will meet at 8.30 a.m. at Meridian Hill Park, 2330 15th St NW (at the top of the waterfall). We will have a continental breakfast, take a three-mile walk, and return for lunch. We will finish at 2.30 p.m. I have documented 21 different varieties of fruit trees in Washington, and we will visit them all! Only 100 tickets are